



Topical Panel 16

The Goals of the Therapist

Esther Perel, Bessel Van der Kolk, Jeff Zeig

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Educational Objectives

Given a patient, indicate how to use each of the models to establish goals.

Describe how goals can be empirically informed.

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Establishing Goals

What to communicate?
What to say after you say, “Hello.”

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Is information needed?

Perhaps.

If not, is the target a change in orientation?

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Addressing Problems

- Causes
- Components, including behaviors, thoughts, etc.
- Mechanisms
- Sequences
- Strengths
- Relationships
- Systemic functions
- Contextual, Spiritual, Existential issues
- “STATES”

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Personal “States”

Self-determined

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Personal “states.”

Left side: positive “states.” Right side: problematic.

Responsible	Irresponsible
Calm	Agitated
Self-Satisfied	Unsatisfied
Faith	Doubt
Creative	Uncreative
Conscientious	Careless
Persevering	Apathetic
Coping	Falling Apart
Believing	Doubting
Present	Preoccupied
Self-hypnosis	Turbulent
Meditation Mindfulness	

Contextual “states.”

On the left side in boldface are positive “states.”
On the Right are opposites, often problematic.

Concentrated	Distracted
Focused	Diffuse
Attentive	Inattentive
Present	Preoccupied
Aware	Unaware
Awe	Unimpressed
Faith	Doubt

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Relational “States”

Forgiving	Unforgiving
Vulnerable (Open)	Hardened (Closed)
Independent	Dependent
Inspirational	Uninspiring
Agreeable	Disagreeable
Resilient	Vulnerable (Easily Hurt)
Social	Withdrawn
Generous	Miserly
Liberal	Conservative
Adventurous	Inhibited
Pursuing	Avoiding

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Relational “States” Continued

Altruistic	Self-Serving
Considerate	Inconsiderate
Humble	Inflated
Honest	Deceptive
Delegate	Micromanage
One-Up	One-Down
Strong	Impotent
Positive	Negative
Attuned	Not Attuned
Empathic	Uncaring
Trusting	Suspicious

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017


Relational “States” Continued

Praising	Thoughtless
Patient	Criticizing
Moral	Immoral
Respectful	Disrespectful
Engaged	Disengaged
Forgiving	Unforgiving
Diplomatic	Tactless
Humility	Narcissism
Assertive	Passive
Assertive	Aggressive
Concerned	Unconcerned
Sophisticated	Boorish

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Other “States.”

Cultural
Ethnic, etc.

The Evolution of Psychotherapy
ANAHEIM, CALIFORNIA
DECEMBER 2017



Orientations

If the problem is a state, conceptual realizations
are needed.

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Take “Responsibility” as an example.

- Idea: “Responsibility exists in the world.”
- Concept: “I can be responsible.”
- Orientation: “I will be responsible.”
- State: “I am being responsible.”
- Identity: “I am a responsible person.”

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

What to Communicate: When the target is a change in state.

- Phenomenological goals and sub-goals
- Positive: orient to strengths.
- Outcome-oriented.
- Structures that exist in the present.
- Systemic.
- Interactional.
- Access associations that activate resources.
- Experiential level changes—Limbic Communication

The Evolution of Psychotherapy

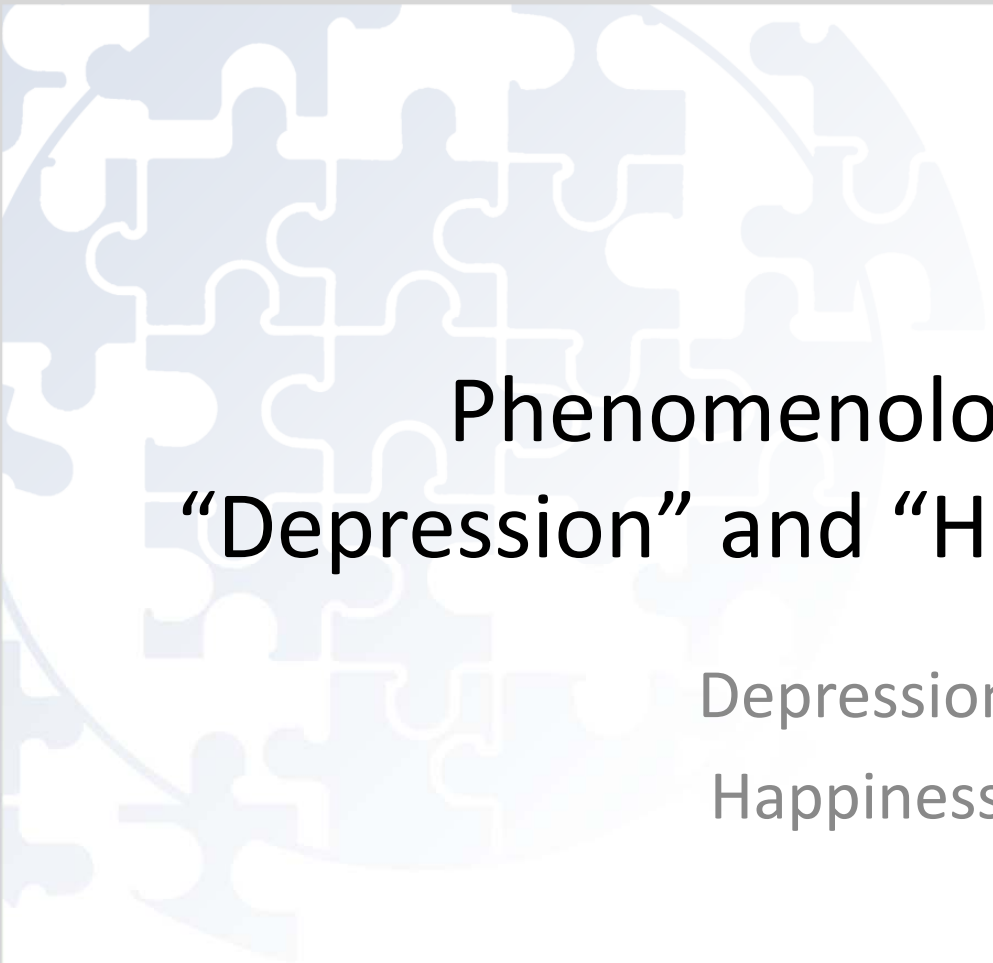
ANAHEIM, CALIFORNIA

DECEMBER 2017



“States” are Redintegrated./

The Evolution of Psychotherapy
ANAHEIM, CALIFORNIA
DECEMBER 2017



Phenomenological Sub-goals:
“Depression” and “Happiness” as examples

Depression is a “state.”

Happiness is a “state.”

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Redintegrate Defined:

To integrate again into an entity: restore to unity.

“States” are redintegrated from components

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Depression

- Internal
- In the past
- Inactive
- Negative
- Hopeless – no goals
- Intropunitive
- Withdrawn socially
- Tactile
- Vision limited
- Judgmental
- Negate/discount accomplishments
- Absorb social energy
- “If only ...” vocabulary
- Physiologically deadened
- “I am not okay” existentially
- Victim role
- Anhedonia

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Depression

- Internal
- In the past
- Inactive
- Negative
- Hopeless – no goals
- Intropunitive
- Withdrawn socially
- Tactile
- Vision limited

Happiness

- External
- Present
- Active
- Positive
- Hope – directed
- (Balanced)
- Engaged
- Visual
- Scope and depth

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017

Depression

- Judgmental
- Negate/discount accomplishments
- Absorb social energy
- “If only ...” vocabulary
- Physiologically deadened
- “I am not okay” existentially
- Victim
- Anhedonia

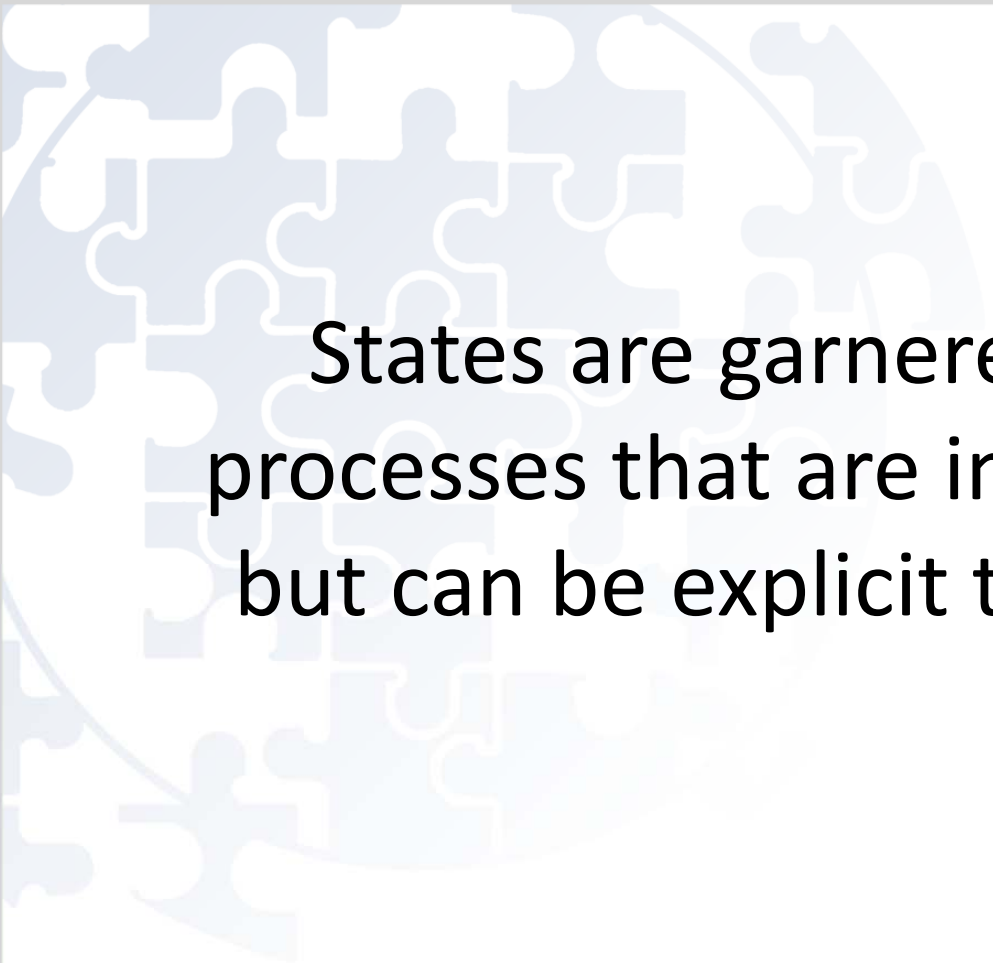
Happiness (cont.)

- Open
- Acknowledge accomplishments
- Emit Social Energy
- “Yea and ...” vocabulary
- Adaptive Arousal
- “We are okay” existentially
- Victor
- Realize pleasure

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



States are garnered experientially by processes that are implicit to the receiver, but can be explicit to the communicator.

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



The Goal of Psychotherapy

Experientially fostering the ability of clients to flexibly access adaptive states.

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017



Copyright 2017

Jeffrey K. Zeig, Ph.D.

Jeffreyzeig.com

Erickson-foundation.org

The Evolution of Psychotherapy

ANAHEIM, CALIFORNIA

DECEMBER 2017